

Cooling Beverages Rank First Among Summer Refreshments

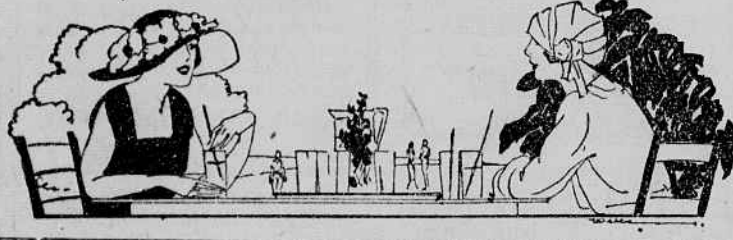


By Virginia Carter Lee

WITH so many informal parties given during the summer months, either in the garden, on the shaded porch or even in the cool semi-darkened living room, delicious iced beverages should be the very basis of the simple refreshments served.

Tempting little cakes or a slice of freshly baked homemade cake to accompany them is really all that is necessary to serve on such occasions, although a dainty sandwich or, in the advent of a porch supper, a salad or molded mousse (chicken, ham or tongue) may form the main course when something a little more substantial is desired.

In connection with the preparation of cakes do not overlook the possibilities of crackers "dressed up" as a substitute. They will be found delightful, and one suggestion is given in the penoche crackers among the tested recipes. Other suggestions are: Cover saltines with a mixture composed of two beaten egg whites, blended with half a cupful of powdered sugar, half a cupful of chopped nut meats, two tablespoonfuls of grated cocoanut and a dusting of ground cinnamon, then brown in a quick oven. Or use slightly sweetened crackers, butter



Old-Fashioned Southern Drinks And a Modern Fruit Frappe

WHEN the inclination is to "walk on the shady side" and to be possessed of a great and unending thirst—then the time of cooling beverages has arrived. A bit of thought, a few moments of time, some ice, long glasses and the inevitable mint sprigs are the necessary start for a successful summer drink.

Among the most favored in the South is old-fashioned limeade, made as follows:

Southern Limeade

Make a sugar syrup of one cup of water and three-fourths of a cup of sugar. To two tablespoonfuls of this syrup placed in a tall glass add the juice of one lime and generous cubes of ice. Fill with seltzer water and serve with slices of the lime.

Peppermint Lemonade

To two quarts of water add the juice of four lemons and sweeten with sugar syrup to which has been added five drops of oil of peppermint. Serve from a glass pitcher with ice and mint sprigs.

Grape Limeade

To make two quarts of this drink

Recipes for Fruit Drinks of the "Long, Cool" Variety; Crisp Wafers and Easy-to-Make Cakes To Serve With Them

ries or maraschino cherries to suit the individual taste. Iced tea may be "dressed up" in the same way, and it is wonderful what novel and delicious drinks may be evolved with a little experimenting from ordinary supplies that can be found on the ordinary pantry shelves.

Frosted sarsaparilla and root beer will be found as nutritious as they are good to drink. To make them, turn into a tall glass four tablespoonfuls of thick cream, then pour in slowly, so that it will not foam up and run over the glass, either of the chilled bottled beverages. Top with two spoonfuls of sweetened whipped cream, flavor with lemon and serve immediately. Cracked ice may be added if desired.

Tollard Cup

Blend together two cupfuls of thick maple syrup, three quarts and a quart of strong, strained coffee and one pint of thick cream. Place on the ice to chill and when ready to serve add one quart of iced Apollinaris. Pour over a block of ice in the punch bowl and serve in tall glasses containing a ball of chocolate ice cream. Top with a mound of sweetened whipped cream.

Mint Fruit Cup

Place in a large bowl one pint of hot tea and add half a cupful of crushed mint leaves. Let stand until cold and strain. Add to the mint flavored tea the juice of three oranges and lemons, one large cupful of shredded canned pineapple, one cupful of thick sugar syrup and a pint of white grape juice. Let stand on the ice to chill and ripen, and when ready to serve add one quart of cracked ice and one quart of chilled Apollinaris water. Mix well, stir in two diced bananas and a half pint of maraschino cherries with the cordial. Serve in tall glasses and garnish each with a bouquet of fresh mint. This will serve ten people.

Apricotade

Rub two quarts of canned apricots with their syrup through a puree sieve and add a sugar syrup made by boiling together for ten minutes

two cupfuls each of sugar and water and the grated rind of two lemons (strain the syrup). Cool, add the juice of two lemons and two oranges, one quart of canned apple juice or bottled cider, one pint of loganberry juice and two quarts of charged water. Pour over a block of ice in the punch bowl.

Chinese Ginger Frappe

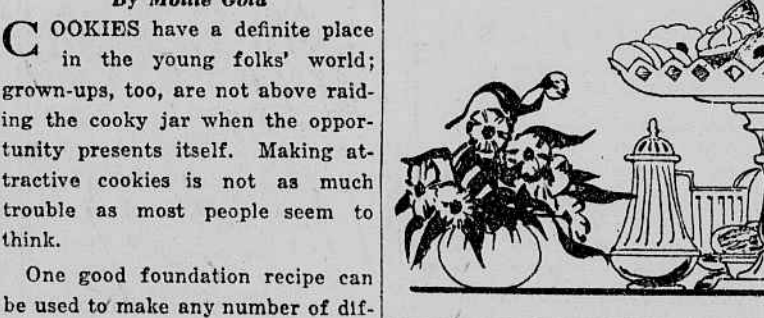
Place in a large bowl one cupful of tea, one cupful of chopped preserved ginger with the syrup, half a can of pitted cherries with the juice, the juice of three lemons and one lemon. Sweeten with about one small cupful of thick sugar syrup and chill on the ice for several hours. When ready to serve add two quarts and a pint of chilled ginger ale, one pint of iced vichy and a quart of red raspberry. Pour slowly over a block of ice placed in a punch bowl and serve in sherbet cups. This is also delicious poured over a quart of orange ice or the ice may be placed in the individual glasses.

Serve Sweet Cookies and Simple Cakes

When it comes to the question of cakes for summer festivities, they should possess, in my opinion, the following qualities—namely, richness, crispness and a beautiful yet delicate brown color. When, however, very ornamental ones are desired, it is best to bake a sheet of rich gold cake and when cold cut in fancy forms. Dip these in various frostings (colored pink, green, white, brown and yellow) and decorate with candied fruits, nuts, candied peel, etc. These, when rightly made, can hardly be told from the products obtained at the confectioner's.

To prepare them, cream half a cupful of butter, add one cupful of confectioner's sugar gradually, half a cupful of milk, one teaspoonful of vanilla flavor and one and a half cupfuls of pastry flour. Spread the mixture very thin on the bottom of inverted pans (greased) and bake until firm and pale colored. Cut in squares, sprinkle with

Secrets of the Pastry Shop Window



By Mollie Gold

COOKIES have a definite place in the young folks' world; grown-ups, too, are not above raiding the cookie jar when the opportunity presents itself. Making attractive cookies is not as much trouble as most people seem to think.

One good foundation recipe can be used to make any number of different kinds of drop cookies. When the mixture is in the bowl ready to drop and the baking sheets are out and waiting you are limited only by your own imagination and the preferences of your family. Drop a dozen or more plain cookies on the baking tin and decorate with a half a shelled walnut, chopped black walnuts or a few peanut meats. Next take part of the batter out into another bowl. To this mixture add raisins or cocoanut and drop a dozen of that kind.

To what is left in the first bowl add melted chocolate or divide that mixture in half and add spice to one part of it and chocolate to the other. That makes four or five kinds of cookies from one batter without any more time or trouble that it takes to make one good layer cake all iced and filled ready to eat.

Rolled Cookies

Rolled cookies, which are supposed to take so much time, can be made very simply and easily if the work is planned ahead. The dough for the wafers is improved by chilling, so make the dough one day and put it in the icebox until ready to roll. Make only a few dozen at a time and bake them when some-

shredded marshmallows and roll quickly like jelly roll.

Loaf and Layer Cakes

Loaf cakes, while not so popular as the small ones during warm weather, are always liked. It is better to have them of the plain varieties, like angel, sponge or the always delicious Devil's Food. The latter, eaten with the layers of double frosting, is about the best cake I have ever tasted.

A very good silver cake is made by creaming half a cupful of oleo with one and a third cupfuls of sugar and three-quarters of a teaspoonful of almond extract. Then add the stiffly whipped whites of four eggs, two-thirds of a cupful of rich milk and two and a quarter cupfuls of pastry flour, sifted three times with three teaspoonfuls of baking powder and one-eighth of a teaspoonful of salt. Bake in a moderate oven. This is very good with a chocolate, coffee or maple frosting.

Fruit Frosting

Almost every housekeeper knows how to make boiled frosting, and, rightly made, I consider this the very "queen of frostings." It should be just a little soft under the thin outside coating, fluffy in texture, and with just a slight sugary taste. This icing may be varied in many ways by adding chopped nuts, candied fruits, a very small quantity of fresh crushed fruits, shredded dried fruits and candied peel.

Mocha Frosting

For a delicious mocha frosting cream one and a half tablespoonfuls of butter and blend in half a tablespoonful of powdered cocoa and about half a cupful of powdered sugar. When thick, add alternate-ly two and a half tablespoonfuls of strong, strained coffee, one tablespoonful of thick cream and about one cupful more of powdered sugar, so that it will spread. Flavor with one teaspoonful of vanilla extract.

Boiled Caramel Frosting

Boil together without stirring one cupful of dark brown sugar, half a cupful of granulated sugar and a quarter of a cupful of cold water until it threads, or to 235 degrees. Pour slowly on the stiffly whipped whites of two eggs and continue to beat until nearly cold. Return to the upper part of the

the eggs, and then the milk and flavoring extract. Mix and sift the dry ingredients, add to the other mixture, knead slightly and chill. This mixture rolls better if chilled over night.

Vary the plain cookies by brushing some of them over with egg white and sprinkling with sugar and chopped nuts before baking.

Drop Spice Cookies

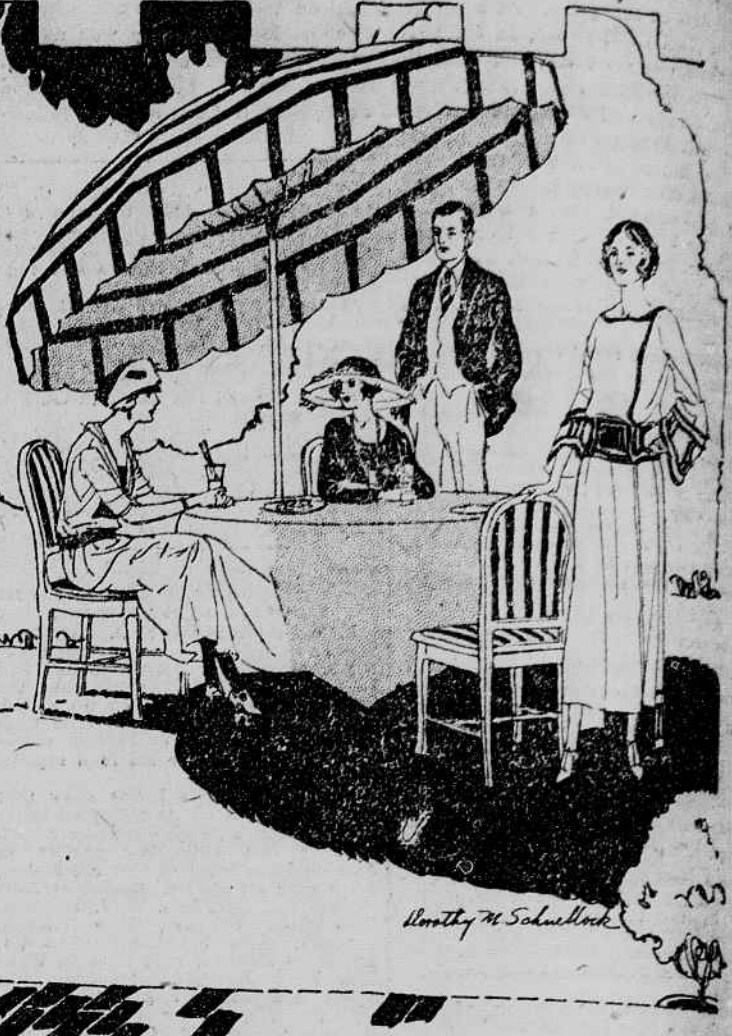
½ cupful fat
1 cupful brown sugar
¼ cupful molasses
2 eggs
1 cupful sour milk
3 cupfuls flour
2 teaspoonfuls soda
½ teaspoonful salt
1 teaspoonful clove
1 teaspoonful ginger
1 teaspoonful allspice.

Cream the butter and sugar and add the molasses and beaten eggs. Mix and sift the dry materials and then add a little of the dry ingredients to the first mixture. Add a little of the milk, and continue adding the dry materials and the milk until all are used up. Mix thoroughly and then drop from a teaspoon on to a buttered pan. Drop them far enough apart to give them a little room to spread without running together. Bake in a hot oven about ten minutes.

Plain Drop Cookies

½ cupful fat
1 cup white sugar
2 eggs
2 ½ cupfuls flour
2 teaspoonfuls baking powder
1 teaspoonful vanilla extract
1 teaspoonful nutmeg
½ cupful fat
1 cupful white sugar
2 eggs
1 tablespoonful milk.

Cream the butter and sugar, add



add the beaten yolks of four eggs and four ounces of unsweetened chocolate melted with five tablespoonfuls of boiling water. Sift together three times one and three-quarter cupfuls of pastry flour, two and a half teaspoonfuls of baking powder, one-eighth of a teaspoonful of salt and a quarter of a teaspoonful of ground cinnamon. Combine the two mixtures and add gradually while doing so half a cupful of sweet milk. Beat the batter hard and flavor with half a teaspoonful of vanilla extract. Bake in a greased loaf pan for forty minutes in a moderate oven. Ice when cold with any preferred two varieties of frosting, such as white boiled icing and chocolate, coffee and chocolate or maple and coffee. Be sure that the first layer of the frosting is slightly firm before adding the top one and have both varieties thick and creamy. A marshmallow icing is also good for the first one.

Honey Sponge Loaf Cake

Cream together very, very thoroughly, the beaten yolks of three eggs and three-quarters of a cupful of strained honey. Sift three times three-eighths of a cupful of potato flour, one-quarter of a teaspoonful of baking powder and half a teaspoonful of salt. Combine the mixtures, adding the juice of a quarter of a lemon, and fold in the



Institute Fans Send in Favorite Summer "Eats" Ideas

By Alice A. Keen

Meat that is prepared especially to serve cold in thin slices of uniform size is better and more economical than using up the ragged remains of a roast as a cold cut. It is wiser to buy small roasts, if one must have this hot meat in the summer time; but for cold meat use the cheaper cuts of beef, lamb or veal. The piece of beef called "chuck," the shoulder of lamb or a shin of veal can all be rendered delicate and appetizing by the proper treatment.

Take any one of the cuts I have mentioned, trim off fat and bits of thick skin, place in a kettle that fits it snugly and just cover with boiling water. Boil for hours very slowly until there is not more than half a cupful of gravy left in the pot. By this time the fibers have loosened and the gravy has been absorbed back into the meat. Take from the fire and, when cool enough to handle, slip out all the bones and trim off any more of the fat that seems superfluous. Then, breaking it up as little as possible, pack firmly into an oblong pan, salted as you do so. Pour the small amount of gravy left from the boil-

ing over the meat to settle into all the crevices. When thoroughly chilled (it is better if prepared the day before used) this meat becomes very solid and slices thinly to perfection. This meat is excellent to serve with summer vegetables and makes delicious sandwiches.

A New Kind of Crisp Waffle From Sweden

By Clara Thorne

THE waffle from Sweden differs in style and purpose from our own syrup-and-honey winter ones. They are crisp trifles to be sprinkled with powdered sugar and served with summer porch drinks or desserts.

Swedish Waffles

Sweeten (one-third cup sugar) one-half pint of cream and whip until fluffy. Mix in slowly one-half cup sifted flour. When smoothly blended beat in slowly one-half cup cold water or shaved ice, then one-fourth cup melted butter. Bake on hot waffle irons—the finished product should be thin and crisp.

If served as a dessert serve not more than three of the waffles placed one on top of another on a plate, with powdered sugar between and a spoonful of jam or fresh cooked fruit and whipped cream.